

LCN Mission Statement: The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavor to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth. The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.

Warm greetings to all~

I hope you're having fun with LCN activities and everything else you're doing during these hot days of summer—or cool and brisk days if you happen to be in the southern hemisphere!

I'm hearing good things about the LCN meetings. Thank you, each of you Local Chapter Volunteers—LCN Leaders, Regional and Country Coordinators, and the LCN Leadership Council, for everything you're doing! Through your service and caring, people in communities throughout the world now have the opportunity to gather, and to discuss, experience, and better understand this thing called Consciousness! As a result of your efforts thousands more are realizing TMI's vision and mission. Blessings to you all.

TMI is charging forward in a number of ways and I thought you might enjoy a brief update on happenings here at the "Mother Ship," as some fondly call TMI's home base in Virginia. You may already be aware of the significant effort and investment made in our new website and marketing endeavors to fulfill Bob's objective to "get it out there." We've also introduced a number of new programs, including:

Scott Taylor's Near Death Experience
Tom Campbell's My Big Toe (MBT)

Event Horizon, a SAM (Spatial Angle Modulation™) program designed and trained by Bob Holbrook and Marinda Stopforth, along with Natalie Sudman

Winter Robinson's and Larry Burk's Medical Intuition and Symbolic Diseases, which in 2016 will be a 5-day/6-night program, instead of a weekend course.

Patty Ray Avalon's weekend program, Positively Ageless, her 5-day Energy Body program, and her new, creative touches to Creativity Unleashed

Andrea Berger's Taking Care of Business—A Balancing Act, taking TMI to the corporate world

William and Susan Buhlman's weekend retreat, Destination: Higher Self.

We're also very excited about our first e-Learning program, the Gateway Experience®, an online interactive course based on the Gateway Voyage®. Thanks to the educational design and training skills of Andrea Berger, G.E. Wave I online students learn to successfully attain and explore various dimensions of consciousness from their homes via computer and telephone. The next Wave I, and subsequent Wave II, courses begin on Monday, August 24th, with Waves III through VI following toward the end of this year and the beginning of 2016. You can learn more about it here:



www.monroeinstitute.org/E-Learning%20Programs. We will be introducing further e-Learning programs (like Patty Ray Avalon's Developing Intuition) within the next few months.

TMI research director Jim Lane recently completed our second online SAM study designed to determine if there were greater relaxation benefits with SAM-bedded music compared to the same musical piece without SAM. Though the results of this survey did not show distinct differences between the two, we continue to hear from program participants and listeners of our SAM CDs that their experiences with SAM result in deep relaxation, often accompanied by sharply focused states of attention. We're planning further SAM studies and Jim will be doing other research with us as well, so stay tuned!

We have just re-introduced four

musical downloads composed by Csaba Szatvari, which TMI technology director Bob Holbrook bedded with the upgraded SAM version 2.0. They are Abundance, Central Core, Chakra Attunement, and Eternity. We'll have another SAMusic™ CD/download by Peter Cayuga within the next couple of months, along with works by new composers whom we'll introduce next quarter. In addition, Bob just completed the Spanish version of the Exploration 27 program, so for those of you Gateway and Guidelines/Lifeline program graduates in Spain who have wanted to take X27, heads-up!

On the facilities front—

We've been enhancing a number of the CHEC units with new mattresses and pillows.

Video viewing has been raised to a new level! There are new flat screen TVs at the Nancy Penn Center and in both the cabin and white carpet room up at Roberts Mountain

Retreat. Hello PowerPoint presentations and good-bye flip charts!

Happily, the control room at NPC is in its final stage of being upgraded.

We still need a new water tank for NPC, for which we're seeking funding, so if you know of anyone who would like to underwrite this worthy project, please send him or her to us!

That's it for now. Once again, many thanks for your vital role in the growth of the LCN. As Bob used to say, "See you in 12!"

With warmest wishes,
Scooter

Nancy H. McMoneagle
President and Executive Director
The Monroe Institute
www.monroeinstitute.org

FROM THE EDITOR

Gregory Brown

My wife, Alicia, and I recently returned from a spectacular experience at TMI: Timelines. As always, it felt like returning home to such a welcoming place. A week always seems so short and so magical.



Although I found a lot of material in Focus 15, and the wonderful interaction with fellow journeyers into consciousness, I wanted to share my thoughts about a foundation that TMI has created which ensures the experience we all cherish from the time we arrive to time we leave.

In short, an amazing group

of facilitators. As a mental health professional, I've had the opportunity to see groups run by various facilitators in a range of settings from general community support groups to inpatient acute setting groups, the latter of which sometimes can barely sustain group process. Other systems of psycho-spiritual experience also tend to have groups which often insist upon sharing experiences. But TMI has, in my opinion, one of the best balances between support and silence, personal space and community, wisdom and humor.

And all of this is the result of the training and philosophy of both TMI and of the instructors who have honed their experience through the years. This model that Bob started of "Try it and found out," promotes the personal responsibility for self growth and exploration. But always with the knowledge that a group of deeply dedicated folks are available at an instant's notice if things go beyond a comfort zone.

I wanted to share this brief word of thanks to everyone at TMI who has helped all of us in our journeys.

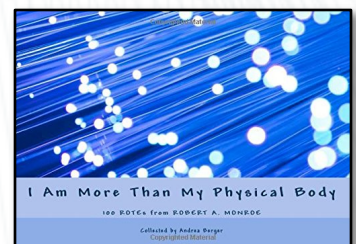
BOOK REVIEW: I Am More Than My Physical Body: 100 ROTEs from Robert A. Monroe

information authored by Andrea Berger

Robert Monroe was a successful and distinguished business executive and noted pioneer in the investigation of human consciousness. He also invented Hemi-Sync® and founded The Monroe Institute®, a worldwide organization dedicated to expanding human potential. I AM MORE THAN MY PHYSICAL BODY: 100 ROTEs from Robert A. Monroe is a celebration of his life and work, and offers a very current message for humankind in the twenty-first century. It is a collection of 100 thought-provoking, inspirational quotes from his three best selling, landmark books—JOURNEYS OUT OF THE BODY, FAR JOURNEYS and ULTIMATE JOURNEY—which are available wherever books are sold.

Andrea Berger is a long-time consciousness explorer and a trainer at The Monroe Institute. She lovingly helped birth this book in celebration of Bob Monroe's 100th birthday and twentieth anniversary since his transition. Giving birth to this book has been an exciting adventure! The idea came like a thunderbolt while I was shopping with my daughter in a busy mall. She was looking at inspirational books of quotes as gifts for her best friends' high school graduation when the thought clicked in my head that there had never been a collection of Bob's quotes. From there the ideas began to flow quickly, as if I were unfurling a ROTE from Bob himself. If published in 2015, then the book would coincide with Bob's 100th birthday and twentieth anniversary since his transition. It would contain exactly 100 quotes from Bob's three published books, and carry relevant messages for consciousness explorers of the twenty-first century. The title and cover art also arrived as ROTEs, as did the overall design and format. On a trip to The Monroe Institute, I shared the ideas with Nancy (Scooter) McMoneagle and she was equally enthusiastic. And so it began.

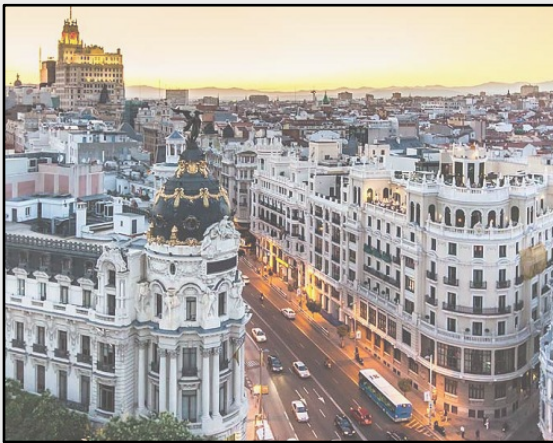
It seemed a daunting task to re-read Bob's books and select the 100 ROTEs, but they jumped out at me as if someone had marked them with a yellow highlighter. Everything came together beautifully and the result is I AM MORE THAN MY PHYSICAL BODY, a manifestation of higher consciousness that gives joy, hope and encouragement to all. Whether you read it from cover to cover, or whimsically open to a random page, you will find Bob's humor and wisdom present. Curious yet? As Bob would say, "Try it and find out."



INTERNATIONAL CHAPTER EXPERIENCE

The Monroe Institute Lands in Italy
by Stefano Roverso

I attended my Gateway April of 2008, I was in Spain in a charming small hotel near Madrid. The place was comfortable, with great food and comfortable rooms, but mostly it was suitable for what I was about to do, surrounded by nature so perfectly as to leave no trace of cars, city, traffic, noise and various other technological stress. Carol Sabick was my trainer, a wonderful person who marked a crossroads in my life. First, after inviting us to present to the group, allowing us to discover that we were very different people among us by origin, language, professions, beliefs and



convictions (there were people of different nationalities and occupations: managers, housewives, lawyers, physicians, writers, artists).

It was the beginning of a wonderful adventure made of discoveries, explorations, excitement, surprises and insights. It had never happened in life before have a concentration of experiences so new and so extra-ordinary. It was the beginning take on the meaning of the concept that I am more than my physical body!

Needless to say, the Gateway Voyage put me in contact with other parts of me and this, even though I understood much later, set in motion a process of irreversible transformation to the "awakening" and the knowledge of what I wanted to do in this life. The return was unusual, was hard to recognize me for how I was before (of the Gateway) and everything around me was different: situations, relationships, priorities and values. It was all true, since I was changed!

A year later I returned to Spain to participate to Lifeline program, could not wait to find the wonderful experiences offered by the Institute, but I was not very excited about Lifelines's purpose. No one had forced me to participate in that course but I just decided to do it because I had set a goal very clear about what the Institute was offering: I wanted to get up to Focus 49 to explore the farthest reaches and maybe go over!

To reach my goal Lifeline was the necessary step but did not like the fact that it worked on the theme of death (physical) and what's next. Scared me the idea to address that issue, I was in search of life in all its forms and manifestations, why I had to explore the theme of death? I had already read some books on that Theme "The Tibetan book of death" to name one, and intellectually I understood, accepted and overcome the taboo of death, but ... only with my rational side!

Okay if needed this sacrifice would have done just to get to Starline. The experience was overwhelming, different from what I expected, wonderful, sweet, full of love and compassion, intense and deep. I had the chance to meet my son who had entered life for just 3 days and then disappeared without giving me the opportunity to understand. I found him in the Park, in Focus 27; he had the appearance of a man of 30 years old, I felt his love and including at least part of its path, and my role in it. Found my father, he was passed away several years ago, and I had the chance to talk to him as I had never done before. But Lifeline was for me above all the confirmation that it was time to change my life and begin to expose myself to a new responsibility and to give to others what I had in through what I am and what I knew to do. Carol Sabick was still my trainer and with her wise-run planted a seed in me informing me on the Outreach program to become a trainer of the Institute and bring to Italy its courses.

In 2009, the seed sprouted and after attending the training as Outreach Facilitator began towards the end of the year, my new venture development and dissemination for the first time The Monroe Institute and its activities in Italy.

In my country, almost no one knew the Institute and so I decided to start working on several fronts: promotion, training, professional application, build a community. I realized that my experiences as a manager, in terms of the organization, communication, marketing, training, I had, was all useful, indeed essential to set the best things without investing large amounts of money (that I do not have) and time. First of all it was necessary to translate into Italian all: course materials, scientific information, exercises, etc. so I developed first a website in Italian language: www.monroeinstitute.it as much coherent as possible to the American one. Then I designed a free and public event: the "Hemi-Sync Workshop", where I presented the Institute, its activities, and I gave participants the first Hemi-Sync experience through headphone (The way of Hemi-Sync exercise...). I brought the Hemi-Sync Workshop in the major Italian cities. People were curious and attracted to discover the potential of this new technologies and method and usually I

could organize in the following weeks an Excursion Workshops program, for interested parties. Following this way in 2010, I organized the first 4 Excursion Workshop putting myself to the test and above all ensuring the interests and the approval by the Italians. At that time I had just left my previous job as a manager of a training center for doctors and nurses, but I kept the professional collaboration to guarantee me a minimum of revenue. When you start something new, there are many difficulties to be faced and doubts that arise from what you are doing especially if you're moving in something really new and this was for me the case. I was putting in crisis some of my belief systems, those where a good job, economic security, stability and social recognition were among the first in what is important in life. In their place they were (finally) entering others, those that are in support of concepts such as the one in which you live doing what one believes, where are left free your talents and passions and where you feel useful to themselves and to others in a profound way. The change was so challenging and profound and since I was aware of having to live in the same society than before and with the same costs and obligations to my family, I had to pay attention to the practical aspects as well as ideals. Everything comes at the right time is said (even if we pay attention) and the timing was perfect for me.

In subsequent years the programs increased progressively as well as the presentations to which were added holdings the conferences; I qualified to be able to hold residential program too. The first was the Gateway Voyage in 2011, than Lifeline that arrived in 2014. I spread the geographical range and with more than 24 different cities I arrived to touch all the Italian country. Now there we have held 52 Excursion Workshops, 6 Gateway Voyages, 1 Lifeline as well as several other courses derived from the official ones. Of nearly 500 people who attended the courses; a thousand came to the presentations and over 2000 active contacts. The numbers say little but serve to confirm that although limited by the fact of being alone and being party to a country that did not know the Monroe Institute, the interest among Italians is strong and is growing. In Italy, more and more doctors, psychologists, therapists are now enjoying the programs and using Hemi-Sync. Last October started a research project with the University of Padua, related to learning disabilities, were more than 60 students with certified ADD or ADHD are involved. We made some interventions in schools related to cognitive empowerment with Hemi-Sync, and some training program for business people that combine Hemi-Sync with Neuro Linguistic Programming (NLP) are ready to run; Going Home program was presented to several hospices and hospitals.

The future of the Monroe Institute in Italy promises to be very positive and interesting! If you would like to join us, ...we also have very good food!

USA CHAPTER EXPERIENCE

Fond du lac, Wisconsin Local Chapter Group

by Lisa Reber, Local Chapter Leader

Here in the upper Midwest, we have one meeting a month. Linda Heimermann and I co-lead the group at her center; Heaven on Earth Healing Alternatives. We started about 1 ½ years ago and have seen a steady attendance, through all kinds of weather. Just last weekend we had 7 at our meditation despite the subzero wind chills. The really gratifying part of our meetings are the experiences people report to us. Sometimes they feel relaxed for the first time in a long while, some have had out of body experiences for the first time. Our first

excursion workshop, last fall, was a huge success. Bob Holbrook came up from Illinois to facilitate for us. Everyone had an experience. They are looking forward to an advanced workshop. The most rewarding part for me is giving people the tools and letting them find their own experience. The Monroe Institute and Hemi-sync have profoundly changed my life and I would like to get it out there for everyone to let go of their fears. If you are ever in Wisconsin, look us up. We would love to see you.



The Five Messages Experience

by Michael Madow, MD

My wife and I attend the twice monthly LCN meetings in the Las Vegas area, and I have been astounded to find I experience such dramatic changes in conscious awareness with the simple experience of listening to sounds through headphones. An example was an experience when we listened to the Five Messages CD from the Gateway Experience Set. I usually don't have many images during meditation, but they come spontaneously with Hemi-Sync often. The first message was The Tower of London bridge which to me means a sense of connectivity. The next image was of a white dog which made me think and feel family. The next image was of two marble

hands in a prayerful position suggesting a worshipful attitude towards life. The fourth image was of a duck symbolizing gratitude. The final image was of an orange ball symbolizing radiance. My overall feeling was of warmth and gratitude.

The most important feelings I had included worshipful radiance and connected the the brightness of the orange ball. The intensity of the marble hands and the busyness of the London Tower Bridge left me feeling exultant thoughtful and in awe. After the CD was completed, I felt an increased sense of awareness both within and without which I took home with me, which expanded into an extraordinary contact with the world around.

A GREAT WEEK AT MC2

by Jim Fisher

About twelve years ago after reading about near death experience research, I began studying the breadth of reality and considering the bigger picture of who we are and why we are here. It has become apparent to me that we have abilities to perceive a broader reality, to influence our physical world around us and to transcend waking reality in ways appreciated by only a small percentage of us. For even a left brain oriented accountant such as me there are avenues available to have first person experiences that can bring a profound sense of wonder and joy.

Several years ago I attended the Gateway Voyage program where I worked on my perception of reality. Two years ago I participated in the Lifeline program which focused on the transcendence of reality. This January I attended the MC2 program at TMI seeking more experience in the area of influencing reality.

We arrived on Saturday afternoon, and it became readily apparent that this diverse group of individuals, through our shared experiences, would develop close bonds in the coming week. We undertook a variety of "projects": accelerating the germination of seeds, conducting healing circles, lighting circular fluorescent lights, influencing the role of dice and, of course, bending spoons and forks. Success in each of these endeavors varied from individual to individual. The people with the least success bending flatware had the most success influencing the role of dice. In one way or another every one of us had at least one accomplishment to show he or she had some inner, untapped ability.

My first spoon bending effort was not successful. I had chosen a relatively lightweight spoon but wasn't able to bend it in my initial attempts using the two techniques we had been taught. The first technique was more like an energetic command than the spoon bend. The second was characterized as a coaxing process. After failing with the second method I returned to the energetic option and was able to bend the spoon in half at the neck. The next day I focused on a more formidably weighted fork that would not show any sign of flexibility. Using the energetic method I was able to get it to bend in a 90 degree angle – modest results relative to others but convincing all the same.

In a completely darkened room we gathered to light our fluorescent lights using our individual personal energy. After a few minutes of effort with no results, one participant's light flickered slightly followed by another and another. Within about ten minutes everyone seemed to have some level of success lighting his or her light. It was a fun, playful energy that seemed to fill the room as we marveled at our new found capacity.

My other success was related to the germination of seeds. I had had some interesting experiences with nature through holotropic breathwork and during a two-week healing retreat in the Amazon jungle. By repeatedly offering love energy from my heart I had success germinating and growing my group of seeds over a three-day period.

One of the most moving experiences arose during an exercise to release negative male and female components of our nature and focus on absorbing the most positive components. We split into same-sex groups for the first part of this exercise, and then rejoined one another in concentric healing circles. Without going into the details I will simply state that there were no tears in the room. I still feel the emotion as I write these words.

Many thanks to TMI for providing this profound opportunity for exploration! Our three trainers complemented one another beautifully.

TMI Local Chapter Network

Attendees of a two-day Excursion Workshop or a six-day residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a Local Chapter regardless of your experience.

To get started email

tmilcnglobal@gmail.com

CCL: Certified Chapter Leader CL: Chapter Leader

Bold type: regional coordinators Regular type: local chapter network groups

International Regions:

International Region 1 – North America: regional coordinator: Beth Haley: bethhaley@gmail.com

Calgary, Canada: CCL Beth Haley

Vancouver BC, Canada: CL Carlie Trueman

Toronto, Canada: CCL Jason Cragg

Winnipeg, Canada: CCL Jason Cragg

International Region 2 – Latin America: regional coordinator: by region as below

Buenos Aires, Argentina: CL Martha Lobos: marthalobos77@gmail.com

Tlayacapan, Mexico: CCL Carmen Ramirez: car.ramirez@gmail.com

Cuernavaca, Mexico: CCL Rocio Hernandez-Pozo: rocio@hemi-sync-mex.com

Rio de Janeiro, Brazil: CCL Deborah Sachs: desachs@attglobal.net

San Juan, Puerto Rico: CCL Carmen Montonto: academiamc2@gmail.com

International Region 3 – Europe: regional coordinator: Thomas Hasenberger: ht@thomashasenberger.com

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Belgium: Rolf Nuyts: rolf@focus34.com

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Copenhagen, Denmark: CCL Anja Lysholm

Paris, France : CCL Nelly Jolivet

Muiderberg (NH), Netherlands: CCL Joop de Jong

Noord Brabant, Netherlands: CCL Leidi Haaijer

Cluj, Romania: CCL Petru Stetiu

Bucharest, Romania: CL Marilena Ionescu

Canary Islands, Spain: CCL Judith Schorring

Getafe, Spain: CCL Marisol Perez

Bucharest, Romania: CL Marilena Ionescu

Cluj, Romania: CCL Stetiu Petru Visarion

International Region 4 - Japan: regional coordinator: Masamichi Sakamoto: massdl@pp.ij4u.or.jp

International Region 5 - Asia: China, Hong Kong, Taiwan: regional coordinator: John Zhang: johnzhang230@gmail.com

Tainan, Taiwan: CCL Isao Kato

International Region 6 - Africa: no chapters

International Region 7 –Australia: Australia, New Zealand, Papua New Guinea, East Timor, Solomon Islands, Vanuatu, Fiji, New Caledonia, and

Indonesia: regional coordinator: Elaine Bowes-Lamb:

Perth, Australia: CCL Elaine Bowes-Lamb

International Region 8 –India: regional coordinator: by region as below

Kolkata, West Bengal: CCL Nikate Khaitan: nikatekhaitan@yahoo.co.in

Uttar Pradesh: CL Archana Khaitan: khaitanarchana1@gmail.com

United States Regions:

Region 1 – New England: regional coordinator: David Baird: dbaird@msn.com

Camden, ME: CCL CJ Kenna
Putnam, CT: CL David Baird

Region 2 – Northeast: regional coordinator: Steve Winchester: stevewinchester@gmail.com

New York, NY: CL Allison Moore
Philadelphia, PA: CL Robert Waas
Hillsborough, NJ: CL Gwen Gonnolley

Region 3 – Mid - Atlantic: regional coordinator: Ellen Jones-Walker: ejones@swva.net

Lynchburg, VA: CCL Leita Reichle
McLean, VA: CCL Parvin Soltani Goldberg
Midlothian, VA: CCL Melissa Vetter
Floyd County, VA: CCL Ellen Jones-Walker & Tip Walker
Pipestem, WV: CCL Anna Ferraraccio
Raleigh, NC: CCL Dawn Tobin

Region 4 – Southeast: regional coordinator: Candie Sanderson: tmi.naples@gmail.com

Amelia Island, FL: CCL Don & Cindy Murphy
Boca Raton, FL: CL Yafi Yair
Naples, FL: CCL Tony Eller
Ocala, FL: CCL Jean McDoniels.
Palm Coast, FL: CL Patricia Hale
Tampa Bay Area, FL: CCL Steve DerDerian

Region 5 – Upper Midwest: regional coordinator: Lisa Reber: lisareber@your-souls-journey.com

Appleton, WI: CCL Laurin Bellg
Cincinnati, OH: CCL Andrea Berger
Columbus, OH: CL Tom Wilson
Fond du Lac, WI: CL Lisa Reber & Linda Heimerman
Louisville, KY: CL Thomas Mooneagle
South Haven, MI: CL Marianne Brown
Detroit, MI: CL Shawn Zelmer
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Dallas, TX: CL Luis Hernandez
Houston, TX: CCL Beth Vaughan
San Antonio, TX: CCL Keith Gunnell
Tulsa, OK: CCL Liz & Steve Clark

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No Chapters

Region 8 – Rocky Mountain: regional coordinator: Cindy Lyn Bartholome: cindyllyn@ymail.com

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Fort Collins, CO: CL Pat Walker
Salt Lake City, UT: CL Travis Woodward

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Las Vegas, NV: CCL Greg Brown
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Beverly Hills, CA: CL Jeanne Mount
El Cajon, CA: CL Karen & Mark Hamlet
San Diego, CA: CL Fred Rible

Submission Guidelines to the LCN Connection

The TMI Local Chapter Network is here to serve and support each of you as you bring your experiences from programs into the world. We would be delighted to share experiences you find meaningful in your experiences with programs, hemisync, or SAM in the LCN Connection. Just send your article to the editor with a brief statement giving permission for us to use it. Photos are also welcome in .jpg, .tiff, or .png format, but please enclose a signed release which includes signatures from all parties in the photograph.

We also may share information about your local workshops for the purpose of providing information. The LCN Connection is not an advertising venue. Space limitations may prevent mentioning all local workshops.

The LCN Leadership Council and the Editor retain the right to edit any submitted material, either for content or for space considerations. Maximum article length 250 words.

Please submit all material to:
tmilcnglobal@gmail.com

Disclaimer: The views and content expressed in this newsletter are written by and compiled by volunteers of the Local Chapter Networks and do not necessarily reflect those of The Monroe Institute.

The Local Chapter Network is an organization of volunteers who support the work of The Monroe Institute. Logos and registered or trademarked names are used with the permission of The Monroe Institute.

Submission are received with gratitude: Greg Brown

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TMI Program Schedule

Full details of the residential and weekend programs held in Virginia, across the United States and around the world may be reviewed at any time on the TMI website at the following website:

<http://www.monroeinstitute.org>

Human consciousness is evolving by awakening to the discovery of the True Self. All of us are participants in this amazing journey, the next great leap for humanity. As Bob said "We are more than our physical bodies." Our connection to the universe through nonphysical dimensions demonstrates the holographic matrix of timeless information. Our marvel at the wonder of an emerging perception of reality has been dormant inside us all along in preparation for our inner

